



Blackened Mahi Mahi with Black Bean & Corn Salsa

LIST of INGREDIENTS:

- 6 oz Mahi fillets
- 1 tablespoon blackening seasoning
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon extra virgin olive oil

Salsa

- 1 tablespoon black beans, drained and rinse
- ½ tablespoon vidalia onion, finely minced
- ½ tablespoon roasted red pepper, minced
- 2 tablespoon sweet corn kernels
- 1 teaspoon red wine vinegar
- 1 teaspoon extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon cilantro, chopped

the Method:

Mix together all ingredients for black bean corn salsa, and set aside.

Season Mahi with blackening seasoning, salt, and pepper. Heat oil in medium pan over medium-high heat and add mahi mahi. Cook for 6 minutes, flipping halway, or until fish is cooked throughout.

Serve with the salsa on top.

